The Office *of the* Typical Psalms

on Sundays and Feast Days, in place of Divine Liturgy

The SENIOR LAYMAN *begins:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

The designated READER *responds:*
Amen.

If hours were said, continue below: "Come let us worship..."
If the hours were not said, the READER *continues here:*[1]

Glory to thee, our God, glory to thee.

O heavenly King, the Comforter, the Spirit of truth, who art everywhere present and fillest all things, Treasury of blessings, and Giver of life: come and abide in us, and cleanse us from every impurity, and save our souls, O Good One.

Holy God, Holy Mighty, Holy Immortal: have mercy on us. *3x*

[1] *St Thomas Sunday through Pascha's Leavetaking: instead of* "Glory to thee... O Heavenly King..." *the* READER *says* "Christ is risen from the dead, trampling down death by death, and upon those in the tombs bestowing life" *3x, and continues* "Holy God..." *Ascension through the day before Pentecost: after* "Amen" *he says immediately* "Holy God..."

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

O Most Holy Trinity, have mercy on us. Lord, cleanse us from our sins. Master, pardon our transgressions. Holy One, visit and heal our infirmities for thy Name's sake.

Lord, have mercy. *3x*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

The PEOPLE *say:*

OUR FATHER, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

And the SENIOR LAYMAN*:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

The READER *continues:*

Amen. Lord, have mercy. *12x*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen.

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Come, let us worship God our King.
Come, let us worship and fall down before Christ, our King and our God.
Come, let us worship and fall down before Christ himself, our King and our God.

The following ANTIPHONS *may be sung or read:*

Psalm 102 (First Typical Antiphon)

BLESS the Lord, O my soul. * Blessed art thou, O Lord. * Bless the Lord, O my soul; * and all that is within me, bless his holy name. * Bless the Lord, O my soul, * and forget not all his benefits, * who forgives all your iniquities, * who heals all your diseases, * who redeems your life from the pit, * who crowns you with steadfast love and mercy, * who satisfies you with good as long as you live, * so that your youth is renewed like the eagle's. * The Lord works vindication * and justice for the oppressed. * He made known his ways to Moses, * his acts to the people of Israel. * The Lord is compassionate and merciful, * long-suffering and of great goodness. * He will not always chide, * nor will he keep his anger forever. * The Lord has established his throne in the heavens, * and his kingdom rules over all. * Bless the Lord, O you his angels, * you mighty ones who do his word, * hearkening to the voice of his word. * Bless the Lord, all his hosts, * his ministers that do his will. * Bless the Lord, all his works, * in all places of his dominion. * Bless the Lord, O my soul, * and all that is within me, * bless his holy name. *** Blessed art thou, O Lord!

Glory to the Father and to the Son and to the Holy Spirit.

Psalm 145 (Second Typical Antiphon)

PRAISE the Lord, O my soul. * I will praise the Lord as long as I live; * I will sing praises to my God while I have being. * Put not your trust in princes, in sons of men, * in whom there is no salvation. * When his breath departs, he returns to his earth; * on that very day his plans perish. * Blessed is he whose help is the God of Jacob, * whose hope is in the Lord his

God, * who made heaven and earth, * the sea and all that is in them; * who keeps his faith forever; * who executes justice for the oppressed; * who gives food to the hungry. * The Lord sets the prisoners free; * the Lord opens the eyes of the blind. * The Lord lifts up those who are bowed down; * the Lord loves the righteous. * The Lord watches over the sojourners, * he upholds the widow and the fatherless; * but the way of the wicked he will bring to ruin. * The Lord will reign forever, *** thy God, O Zion, to all generations.

Now and ever and unto ages of ages. Amen.

Hymn of Justinian

ONLY-BEGOTTEN Son and immortal Word of God, who for our salvation didst will to be incarnate of the holy Theotokos and ever-virgin Mary, who without change didst become man and wast crucified, O Christ our God, trampling down death by death, who art one of the Holy Trinity, glorified with the Father and the Holy Spirit: Save us!

Beatitudes (Third Typical Antiphon)

IN THY kingdom, remember us O Lord, * when thou comest in thy kingdom. * Blessed are the poor in spirit, * for theirs is the Kingdom of Heaven. * Blessed are those who mourn, * for they shall be comforted. * Blessed are the meek, * for they shall inherit the earth. * Blessed are those who hunger and thirst after righteousness, * for they shall be filled. * Blessed are the merciful, * for they shall obtain mercy. * Blessed are the pure in heart, * for they shall see God. * Blessed are the peacemakers, * for they shall be called the sons of God. * Blessed are those who are persecuted for righteousness' sake, * for theirs is the Kingdom of

Heaven. * Blessed are you when men shall revile you, and persecute you, * and shall say all manner of evil against you falsely for my sake. * Rejoice and be exceedingly glad, *** for great is your reward in heaven.

And we sing the ENTRANCE HYMN:

COME, let us worship and fall down before Christ,
On Sundays: who rose from the dead,[2]
O Son of God, save us who sing to thee: Alleluia!

Hymns for the Day

We sing (or read) the TROPARIA *for the day.*

Trisagion Hymn

On certain days[3] we may sing the special hymn instead.

HOLY God, Holy Mighty, Holy Immortal:
have mercy on us. *3x*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. Holy Immortal, have mercy on us.

And again, with strength: Holy God, Holy Mighty, Holy Immortal: have mercy on us.

[2] *On weekdays:* who art wonderful in thy saints... *On feasts of the Theotokos:* through the prayers of the Theotokos...

[3] *On Holy Pascha and all the days of Bright Week, on Holy Pentecost, Christmas Day, Theophany, Lazarus Saturday, and Holy Saturday:* "As many has have been baptized into Christ * have put on Christ. Alleluia."
On 14 September and the Third Sunday in Lent: "Before thy Cross we bow down in worship, O Master, * and thy holy Resurrection we glorify."

The Readings

The reader intones the PROKIMENON *and reads the* EPISTLE LESSON(S),[4] ALLELUIA *verses, and (in a normal speaking voice) the* GOSPEL LESSON.[5]

The SENIOR LAYMAN *may read a sermon.*

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The READER *continues:*

Remember us, O Lord, when thou comest in thy Kingdom.
Remember us, O Master, when thou comest in thy Kingdom.
Remember us, O Holy One, when thou comest
in thy Kingdom.

The heavenly choir sings thy praises and cries: Holy, Holy, Holy Lord of Sabaoth; heaven and earth are full of thy glory.

℣. Draw nigh unto him, and be enlightened, and your faces shall not be put to shame.

The heavenly choir sings thy praises and cries: Holy, Holy, Holy Lord of Sabaoth; heaven and earth are full of thy glory.

Glory to the Father and to the Son and to the Holy Spirit.

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[4] *The way to introduce the Epistle:*
If by Paul to a community or apostle: "The reading from the [first/second] epistle of the Holy Apostle Paul to *N.* Brethren… [*or* My son *N.*,…]"
If no specified recipient: "The reading from the [first/second/third] catholic epistle of the Holy Apostle *N.* Brethren… [*or from John,* Beloved…]"
If Acts: "The reading from the Acts of the Holy Apostles. In those days…"

[5] *The way to introduce the Gospel:* "The reading from the holy Gospel according to *N.*" *And we sing* "Glory to thee, O Lord, glory to thee." *before and after the reading.*

The choir of holy Angels and Archangels, with all the Powers of heaven, sings thy praises and cries: Holy, Holy, Holy Lord of Sabaoth; heaven and earth are full of thy glory.

Now and ever and unto ages of ages. Amen.

We sing (or read) together:

The Symbol of Faith

I BELIEVE in one God, the Father Almighty, Maker of heaven and earth and of all things visible and invisible.

And in one Lord Jesus Christ, the Son of God, the Only-begotten, begotten of the Father before all ages; Light of Light, true God of true God; begotten, not made; of one essence with the Father; by whom all things were made; who for us men and for our salvation came down from heaven, and was incarnate of the Holy Spirit and the Virgin Mary, and became man; and he was crucified for us under Pontius Pilate, and suffered, and was buried; and the third day he rose again, according to the Scriptures, and ascended into heaven, and sits at the right hand of the Father; and he shall come again with glory to judge the living and the dead; whose kingdom shall have no end.

And in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father; who with the Father and the Son together is worshipped and glorified; who spoke by the prophets.

In One, Holy, Catholic, and Apostolic Church. I acknowledge one baptism for the remission of sins. I look for the resurrection of the dead, and the life of the world to come. Amen.

The READER *says immediately:*

O God, absolve, remit, and pardon our transgressions, voluntary and involuntary, committed in word or deed, thought or intention, whether in knowledge or in ignorance, whether by day

or by night: forgive us everything, for thou art good and lovest mankind.

And we sing (or read) together:

The Lord's Prayer

OUR FATHER, who art in heaven, hallowed be thy Name. Thy kingdom come. Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our debts, as we forgive our debtors; and lead us not into temptation, but deliver us from the evil one.

And the SENIOR LAYMAN*:*

Through the prayers of our holy fathers, O Lord Jesus Christ our God, have mercy on us.

Hymns for the Day

❦ *We sing (or read)* "Amen." *and the* KONTAKIA *for the day.* ❦

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❧ *The* READER *continues:*

Lord, have mercy. *12x*

O most holy Trinity, Consubstantial Power, Undivided Kingdom, Origin of all Good: be graciously inclined unto me, a sinner. Make steadfast my heart and give it understanding, and take away from me every defilement. Enlighten my mind, that I may ever glorify, praise, and worship thee, and say:

We may sing (or read) together:

ONE is holy, one is Lord: Jesus Christ,
to the glory of God the Father. Amen.

BLESSED be the name of the Lord,
henceforth and forevermore. *3x*

The READER *says:*

Glory to the Father and to the Son and to the Holy Spirit, now and ever and unto ages of ages. Amen. [6]

Hymn to the Theotokos

On Great Feasts, we sing the FESTAL MEGALYNARION.

On the Sundays of Great Lent and other days St Basil's liturgy is appointed, we sing in tone 6:

All of creation rejoices in thee, * O Full of Grace, * the assembly of angels and the race of men. * O sanctified temple and spiritual paradise, * the glory of virgins, * from whom God was incarnate and became a child— * our God before the ages. * He made thy body into a throne, * and thy womb he made more spacious than the heavens. * All of creation rejoices in thee, *** O Full of Grace. Glory to thee!

On all other days, we sing:

IT is truly meet to bless thee, O Theotokos: * ever-blessed and most pure and the Mother of our God. * More honorable than the cherubim * and more glorious beyond compare than the seraphim; * without corruption thou gavest birth to God the Word: *** true Theotokos, we magnify thee.

[6] *In the full order, we sing Psalm 33,* "I will bless the Lord at all times..."

The READER *continues with this commemoration, adding names as appropriate:*

O Lord, Lover of mankind, forgive those who hate and wrong us. Do good to those who do good. Grant our brethren and relatives all petitions that are unto salvation and eternal life. Visit the infirm and heal them. Guide those at sea. Travel with those who travel. Grant remission of sins to those who serve us and are merciful to us. According to thine abundant mercy, have mercy on those who ask us to pray for them, unworthy though we be. Remember, O Lord, our fathers and brethren who have fallen asleep before us, and grant them rest where the light of thy countenance shines. Remember, O Lord, our captive brethren, and deliver them from every misfortune. Remember, O Lord, those who bear fruit and do good in thy holy churches, and grant them all their petitions that are unto salvation and eternal life. Remember us also, O Lord: we are thy humble, sinful, and unworthy servants. Enlighten our minds with the light of thine understanding, and direct us on the path of thy commandments, through the prayers of our most pure Lady, the Theotokos and Ever-virgin Mary, and of all thy saints, for blessed art thou unto ages of ages. Amen.

Dismissal *(sung or read)*

For the dismissal in Paschaltide, see below.

Glory to the Father and to the Son and to the Holy Spirit,
now and ever and unto ages of ages. Amen.

Lord, have mercy. *3x*

O Lord, bless.

The SENIOR LAYMAN *says:*

Through the prayers of our holy fathers,
of *N.*, our patron, and *NN.*, whom we commemorate today,
O Lord Jesus Christ our God,
[who rose from the dead,]
have mercy on us.

The PEOPLE *respond:*

Amen.

❧ **Dismissal** *on Sundays during* **Paschaltide**

All sing:
Christ is risen from the dead, trampling down death by death,
and upon those in the tombs bestowing life. *3x*

Immediately the SENIOR LAYMAN:

Through the prayers of our holy fathers,
of *N.*, our patron, and *NN.*, whom we commemorate today,
O Lord Jesus Christ our God,
who rose from the dead,
have mercy on us.

Christ is risen! ℟.Indeed he is risen! *3x*

And we sing again:

Christ is risen from the dead, trampling down death by death,
and upon those in the tombs bestowing life. *3x*

And, in Tone 8:

And unto us he has given eternal life. * Let us worship his resurrection on the third day. ❧